

Turkey Meatloaf with Swiss Cheese

An original recipe by my friend Dianne Y.



Servings: 8

1. Preheat oven to 400°F.
2. In large bowl add all meatloaf ingredients and mix with your hands until combined. Do NOT overmix it!
3. Form mixture into log to fit into a 9x5 loaf pan or place into a 2 quart casserole dish. If possible, push any exposed cheese cubes down into the meat.
4. Bake for 35-40 minutes. Remove from oven and allow to rest for 10 minutes before slicing. Note: this meatloaf makes great sandwiches.

- 1 1/2 pounds ground turkey
- 1 large egg
- 3/4 cup bread crumbs, Italian style
- 1/3 cup milk
- 1 cup Swiss cheese, diced in 1/2" cubes
- 3 tablespoons ketchup
- 2 1/2 tablespoons dry onion soup mix
- 2 1/2 tablespoons soy sauce

Per Serving (excluding unknown items): 313 Calories; 17g Fat (49.6% calories from fat); 28g Protein; 12g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 704mg Sodium; 2g Total Sugars; trace Vitamin D; 319mg Calcium; 2mg Iron; 319mg Potassium; 392mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com